

CRISIS Management plan

What is crisis planning?

Crisis planning involves people planning for their care in the event of a future mental health crisis. Types of crisis planning vary, however, they all strive to incorporate a person's preferences for the care they would like to receive, as well as care they want to refuse, during a crisis. Joint plans are developed collaboratively between the patient and mental health professionals.

Crisis planning may help prevent relapse by promoting better self-management. They may reduce the need for hospital admissions by encouraging prompt help-seeking or improved community service responses. They may also encourage patients to accept voluntary hospital admissions should a crisis occur.

What is the evidence for crisis planning?

High quality evidence finds a 25% reduction in compulsory psychiatric hospital admission rates in people receiving crisis planning compared to standard care. There were no differences in the rates of voluntary psychiatric hospitalisations.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.



NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.